Edgar Filing: MusclePharm Corp - Form 4

MusclePharm Corp Form 4									
November 18, 2014 FORM 4 UNITED S	TATES SECUR Wasl	ITIES AN hington, 1			NGE (COMMISSION		PPROVAL 3235-0287	
Check this box if no longer subject toSTATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIESSection 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIESFiled pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940						Expires: Estimated a burden hou response	Expires:January 31Expires:2005Estimated averageburden hours perresponse0.5		
(Print or Type Responses)									
1. Name and Address of Reporting Po Lupo Andrew J	erson <u>*</u> 2. Issuer Symbol	MusclePharm Corp [MSLP]				5. Relationship of Reporting Person(s) to Issuer			
						(Check all applicable)			
(Last) (First) (Mi 47 SAN MARCO STREET	iddle) 3. Date of (Month/Da 11/14/20	-	nsaction			X Director Officer (give below)		b Owner er (specify	
(Street)		4. If Amendment, Date Original Filed(Month/Day/Year)					 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person 		
PRINCETON JCT, NJ 08550							More than One Re		
(City) (State) (Z	Zip) Table	e I - Non-De	erivative S	ecuri	ties Aco	quired, Disposed o	f, or Beneficial	lly Owned	
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactio Code (Instr. 8)	4. Securit nAcquired Disposed (Instr. 3,	(A) o of (D 4 and (A))	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common 11/14/2014 Stock		Code V A	Amount 1,467	or (D) A	Price (<u>1</u>)	(Instr. 3 and 4) 1,467	D		

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

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1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	4. Transacti Code (Instr. 8)	of	Expiration E (Month/Day ve es d d			8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owne Follo Repo Trans (Instr
			Code V	(A) (D) Date Exercisable	Expiration Date	Title Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Addr	Relationships						
reporting o the rame, ram	Director	10% Owner	Officer	Other			
Lupo Andrew J 47 SAN MARCO STREET PRINCETON JCT, NJ 0855							
Signatures							
/s/ Andrew J. Lupo	11/18/2014						
<u>**</u> Signature of Reporting Person	Date						

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) 1,467 restricted common shares issued as compensation for services of Mr. Lupo as a director of the Issuer pursuant to the Issuer's non-employee director compensation plan.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.